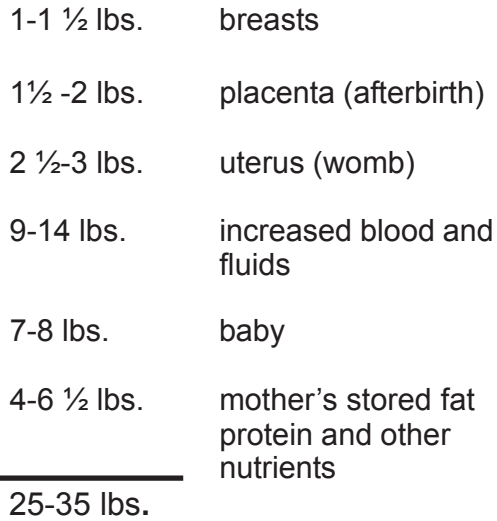


If your weight was normal before pregnancy, you should gain at least 25-35 pounds during pregnancy. Your baby accounts for only part of the weight you gain. You will gain weight in other areas of your body to help support your growing baby.

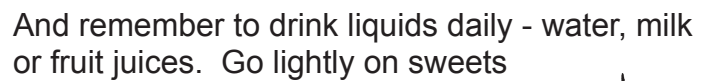


If you are:	Overweight	15-25 lbs.
	Underweight	28-40 lbs.

Have you thought about breastfeeding? Breast milk has just the right amount of nutrients to help your baby grow. It also contains substances which can prevent infections. When you breastfeed your baby, the bond between mother and child is loving and close. Ask your health care provider now about breastfeeding.



While you're pregnant, the food your baby gets comes from the food you eat.



Everything you do can make a difference to your baby's health. If you smoke, drink alcohol (including wine and beer), or take drugs, your baby does too. These could harm your unborn baby. Be aware of the risks! Because caffeine may also be harmful to your baby, limit the use of coffee, tea and cola drinks.

It is important even when you are pregnant. It can be very relaxing and help you feel good all over. Exercise also helps you get your figure back after the baby is born and reduces constipation. Be sure to talk to your doctor first before starting an exercise program.



# Food For a Healthy Mother and Baby



# Foods For You While You Are Pregnant and Breastfeeding Your Baby

These are general guidelines. Talk to your nutritionist about how much food is right for you.

	<p><b>MEAT, FISH, POULTRY, DRIED BEANS, EGGS &amp; NUTS GROUP</b></p> <p>These foods have protein for growth and repair of tissue and iron for blood building</p>	<p>1 ounce is equal to: 1 ounce cooked meat, fish, or poultry 1 egg ¼ cup cooked dry beans/peas 1 tablespoon peanut butter</p>	<p>6 to 8 Ounces a Day</p>
	<p><b>MILK GROUP</b></p> <p>These foods have calcium for strong bones and teeth</p> <p>Fat reduced milk and fat reduced milk products are best</p>	<p>1 cup is equal to: 1 cup fat reduced milk 1 cup yogurt 1 ½ cups ice cream 1 ½ ounces hard cheeses 2 ounces American cheese 2 cups cottage cheese</p>	<p>3 Cups a Day</p>
	<p><b>BREADS, CEREALS, RICE &amp; PASTA GROUP</b></p> <p>These foods have calories for energy, iron and other vitamins and minerals</p> <p>At least half of grains should be whole grains</p>	<p>1 ounce is equal to: 1 cup cold cereal ½ cup cooked cereal ½ cup cooked rice or pasta 1 small biscuit or muffin 1 slice bread 1 roll 7 crackers 1 small piece cornbread 1 pancake 1 flour or corn tortilla (6 inches)</p>	<p>7 to 10 Ounces a Day</p>
	<p><b>FRUIT GROUP &amp; VEGETABLE GROUP</b></p> <p>These foods have vitamin A and vitamin C for healthy eyes, skin, gums and tissue</p> <p>Eat a good source of vitamin A and C daily such as: oranges / juice grapefruits / juice tomatoes / juice sweet potatoes carrots cooked greens</p>	<p>1 cup is equal to: 1 cup fruit or 100% fruit juice ½ cup dried fruit</p> <p>½ cup is equal to: 1 small fruit</p> <p>1 cup is equal to: 1 cup raw, cooked, or vegetable juice 2 cups raw leafy vegetable</p>	<p>FRUITS: 2 to 2½ Cups a Day</p> <p>VEGETABLES: 3 to 3½ Cups a Day</p>
<p><b>This institution is an equal opportunity provider.</b></p>		<p><b>6 to 8 teaspoons fat a day</b></p>	